



TEXAS DEPARTMENT OF HEALTH
AUSTIN, TEXAS
INTER-OFFICE MEMORANDUM

TO: Regional Directors
Directors, Local Health Departments
Directors, Independent WIC Local Agencies
Herman Horn, Chief, Bureau of Regional/Local Health Operations

FROM: Barbara Keir, Director
Public Health Nutrition and Education
Bureau of Nutrition Services *B. Keir*

DATE: September 1, 2000

SUBJECT: Order form for manual and electric breast pumps

In addition to the electric breast pumps currently available, the State agency has recently completed the purchase of manual breast pumps. The following manual breast pumps are available for order:

1. **Medela *Little Hearts***
 - requires two hands to pump
 - suction strength can be set with a dial before mom begins pumping
 - mom can grasp entire cylinder with hand to pump
2. **Medela *Spring Express***
 - requires two hands to pump
 - suction strength can be set with a dial before mom begins pumping
 - mom must grasp end of cylinder to **pump**
 - includes spring that can be placed in cylinder to assist with pumping
 - can be used with or without the spring
3. **Hollister *One Hand***
 - requires only one hand to pump
 - suction strength is determined by how hard the mom squeezes the handle

Individual breast pumping needs are different and many factors must be considered in selecting the right manual pump. Use the **Guidelines for Issuance of Manual Breast Pumps included with this memo to determine the types and amounts of manual pumps to order.**

It is also time to re-order Hollister electric breast pumps and collection kits. Delivery of the manual and electric pumps to local agencies will take place by December 31, 2000. Keep in mind that the next chance to order pumps will be no earlier than March 1, 2001, with delivery no earlier than April 15, 2001.

Please complete and return the attached order form for a six month supply of manual and electric breast pumps and collection kits. **All local agencies must complete and return this order form even if you are not ordering at this time.**

Fax order form to Tracy Erickson at (512) 458-7609 no later than Friday, September 15, 2000.

Guidelines for Issuance of Manual Breast Pumps

1. Manual breast pumps can be given to breastfeeding moms for infrequent separation of mother (e.g. part time work or school) or for engorgement, inverted or flat nipples, or other short-term breastfeeding concerns.
2. The Hollister *Hygeni-kits* that accompany the *Elite* pumps include the components of the One *Hand manual* so you should already be familiar with the Hollister *One Hand manual* pump. The Medela *Spring Express* and *Little Hearts* manual pumps are very similar and require two hands to pump. If you are not familiar with the Medela pumps, consult your Medela product guide or contact your local Medela representative. To get the name and number of your closest Medela representative, call Tracy Erickson, WIC Breastfeeding Coordinator at (5 12) 458-7111, extension 3409.
3. A first time breastfeeding mom may need a pump with easily controlled suction strength such as the Medela *Little Hearts* or *Spring Express*. An experienced breaster may get more milk with a pump that achieves maximum suction faster and has more of a draw and hold option like the Hollister One *Hand* pump. Moms who have trouble eliciting a let down may need a one-handed pump so they can pump one breast while nursing the baby on the other (Hollister).
4. Each manual pump works certain muscle groups. Women with problems such as tendonitis or carpal tunnel syndrome, common after pregnancy, may do best with a two handed pump which works the muscles of the upper arm, like the Medela *Little Hearts* or *Spring Express*. Others with problems affecting the elbow, such as “tennis elbow” may do better with a squeeze pump (Hollister). The Medela *Spring Express* can be used with or without the spring according to the mom’s preference.
5. Breasts and nipples come in many sizes and shapes. The collection cup and nipple tunnel chosen can have a profound effect on how well a woman can pump. A woman with larger nipples would do better with a pump that has a larger nipple tunnel diameter (Hollister) and a woman with smaller nipples would be better off with a pump that has a smaller nipple **tunnel** diameter (Medela *Little Hearts* or *Spring Express*). However, all three pumps include reducing inserts for very small nipples.
6. All three manual pumps have a 90 day warranty. The following numbers should be used when a replacement pump is needed:

Medela 1-800-435-83 16

Hollister 1-800-323-4060, press option 3

Breast Pump Order Form

Local Agency # _____

I am requesting the following number of pumps for a six month supply:

Electric Pumps

_____ Hollister *Purely Yours* (single-user)
_____ Hollister *Elite* (multi-user)
_____ Hollister collection kits (for *Elite* pump)

Manual Pumps

_____ Hollister *One Hand* manual
_____ Medela *Little Hearts* manual
_____ Medela *Spring Express* manual

Signature
WIC Breastfeeding Coordinator or WIC Director

(_____) _____
Area Code Phone Number

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